

**Vote Tuesday,  
Nov. 2 in the  
midterm election!**



**Trick or treat:  
Students get involved  
in the community for  
Halloween**

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# THE FLYER

Vol. 38, Issue 9

Salisbury University's Student Voice

November 2, 2010

## Dudley-Eshbach to provide \$10k for scholarships

By Mary Capper  
Staff Writer  
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\$10,000, 10 years, 10 winners. University President Janet Dudley-Eshbach set up a special scholarship in honor of her 10-year run at Salisbury University, also known as the "Decade of Distinction."

"I learned so much from my own experience studying abroad," Dudley-Eshbach said. "Learning from other countries, you grow as a person, so it's important to make study abroad more affordable for Salisbury students."

The scholarship, which will award \$1,000 each to 10 students over 10 years, comes from Dudley-Eshbach's family fund and will apply to study abroad programs in Latin America for reasons beyond her study abroad experience.

Dudley-Eshbach, after bringing out a seemingly "upside down" map of North and South America, explained that people in the United States need to change their way of thinking and know that they are not really at the top of the globe.

"There's a lot of focus on Western Europe, and more recently China," Dudley-Eshbach said. "I don't think we pay enough attention to our neighbors."

Dr. Brian Stiegler, director for the SU Center of International Education, has been handed some responsibility for the scholarship since he is in charge of many international affairs at SU. He will talk to students about it and hand out applications.

"I am thrilled about the scholarship," Stiegler said. "It is very meaningful to have the support of the President in the internationalization of this community."

Stiegler said he hopes Dudley-Eshbach's scholarship will be an example for other potential donors to follow.

As for the distinct location of where a student would need to go in order to be eligible for the scholarship, Stiegler said, "It is significant that the President would support

See SCHOLARSHIP Pg. 2



Adrienne Price photo

*SU students Josh Dawson, Samantha Neumann and Sarah Edlands participate in the Rally to Restore Sanity and/or Fear in Washington, D.C. During Jon Stewart and Stephen Colbert's rally, Americans could make statements in an attempt to bring sanity back to the U.S.*

## SU students, nation rally to restore sanity

By Diana Dwyer  
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From children holding signs sitting atop their parents' shoulders to seniors wearing shirts with slogans such as "Voting Grandma," the Rally to Restore Sanity and/or Fear attracted all ages promoting civility in the newsroom and beyond.

The non-partisan rally was co-hosted by Comedy Central's Jon Stewart and Stephen Colbert on Oct. 30 on the National Mall in Washington, D.C.

"Everyone has a right to be patriotic Everyone!" Stewart said.

The crowd's size could not be contained within the venue and

rally-goers spilled into nearby streets. According to CBS News, an estimated 245,000 participants attended the rally, more than double the amount predicted in the 100,000-person permit filed by Comedy Central, as reported by the Wall Street Journal. Director of Student Activities Jennifer Blackwell said SGA and student activities sent 42 students to D.C. in two buses, although other SU students made their own travel arrangements.

"This was not a rally to ridicule people of faith, or people of activism, or look down our noses at the heartland, or passionate argument, or to suggest that times are the greatest, strongest country in the world" for the chorus.

"(Stewart and Colbert's) song was hilarious because they can't sing and they got (everyone in the crowd) to sing along with them," said sophomore Torey Krugle. "It was a fun way to unite everyone."

Over \$535,000 was raised to benefit Donors Choose, an organization dedicated to stimulating learning by

Stewart said. "But we live now in hard times, not end times."

The rally featured guests such as Mythbusters hosts Adam Savage and Jamie Hyneman, and performances by The Roots, Kid Rock, Sheryl Crow and Ozzy Osbourne.

Stewart and Colbert performed a song of their own, echoing "it's the greatest, strongest country in the world" for the chorus.

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funding classroom projects, according to the charity's website. The event also sponsored Trust for the National Mall.

Some used the event as a platform to express viewpoints. Planned Parenthood's Birth Control Matters campaign, Media Matters for America and several groups supporting the movement to legalize marijuana had an especially noticeable presence, passing out information and stickers while stopping to speak with passers-by about their causes.

Participants held signs and wore stickers and buttons to silently convey their message. The text ranged from serious messages, such as "Think Outside The FOX" to slo-

See SANITY Pg. 2

## Gubernatorial candidates seek student support in Salisbury

*Former Governor Ehrlich rallies in final days before elections*

*Governor O'Malley shares message in Fireside Lounge*



*Former Gov. Bob Ehrlich poses with SU College Republicans Chairman Matt Teffau, SU President Janet Dudley-Eshbach and club Co-Chair Nikkie Hovencamp.*

By William Merlo  
Staff Writer  
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Republican gubernatorial candidate and former Gov. Bob Ehrlich pulled up to the Salisbury Victory Center in the "Need a Job? Fire Pelosi" tour bus on Oct. 29, with a squadron of supporters.

Greeted by a crowd of over 100 cheering, "Fire Pelosi," the entourage entered for their round of speeches.

Along with the Republican candidate came Chairman of the Republican National Committee Michael Steele, Maryland Republican Party Chairman Aubrey Scott and Republican State Senator and candidate for the Congressional District 1 seat Andy Harris.

Even though polls by the

Washington Post and the Baltimore Sun showed Ehrlich 14 percentage points behind Governor Martin O'Malley, he appeared confident and at ease.

Focusing on promoting the other Republican candidates for Maryland General Assembly, Ehrlich said, "We need to pick up five seats (and)...we're going to have more Republicans in the Maryland General Assembly than we've ever had in the great state of Maryland."

Ehrlich wasn't the only one who showed a lot of confidence. Steele took the floor and rallied the group for the final 72-hour stretch leading up to Election Day.

"We've never had a talented and as deep a team," Steele said. "And (the voters) are the ones who are going to make

the difference this Tuesday." However, the turnout was not as impressive as the student turnout on SU's campus earlier this year.

"We held a rally on campus with (Former) Governor Ehrlich a few weeks ago with a turnout of about 200," said Matt Teffau, chairman of SU's College Republicans and Ehrlich's "brother in arms," according to the gubernatorial candidate.

"(The state) needs Ehrlich because Maryland cannot afford O'Malley or the inattention given to the everyday people in Maryland, and you get to shut it down," Steele said. "It has never been more important that you re-elect one of the finest governors we've had in over a genera-

See EHRLICH Pg. 2



*Students crowd Fireside Lounge on Oct. 25 to meet with Governor Martin O'Malley, who is running for re-election this year.*

By Erin Taylor  
Staff Writer  
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Fireside Lounge was packed Oct. 25 for Democratic incumbent governor and gubernatorial candidate Martin O'Malley's meet-and-greet. The event was hosted by the SU Dems, but students belonging to other parties attended to, including members of the SU College Republicans.

O'Malley encouraged the attendees to vote in the Tuesday, Nov. 2 midterm election.

"The most powerful people in our system of government are the citizens of this country," O'Malley said. "You are the ones that control what your government does and what your government does not do."

Despite differences of opinion in the crowd, O'Malley said something agreed upon by many.

"Our country is going through a tremendous economic change," he said. "In order for us to move forward into this new, creative economy, we have to protect the talents and skills of the education of our people."

In an effort to accomplish this, O'Malley said Maryland did not increase in-state college tuition for the previous four fiscal years. For this academic year — fiscal year 2011 — the tuition cost rose by 3 percent.

However, Matt Teffau, chairman of SU's College Republicans, argued that the tuition freeze has caused universities to inflate fees, forcing students to pay a high increase in total costs.

According to O'Malley, the rise in fees didn't occur specifically within his term.

"The fees increased by just as much over our four years as they did under Bob Ehrlich's four years," he said.

Before he became governor, O'Malley said Maryland didn't have a renewable energy policy.

"Now we have one of the highest renewable portfolio standards in the country," O'Malley said.

Maryland is also creating jobs at three times the rate of the rest of the country, experiencing its lowest levels of violent crime since 1975 and extending health care coverage to 225,000 people, O'Malley added.

To achieve this, O'Malley ac-

See O'MALLEY Pg. 2

# Briefly Stated

Tuesday, Nov. 2  
Navigating the Federal Hiring Process

From 4:30 – 5:30 p.m. in the Wicomico Room of the GUC, Career Services will host Carol Taylor's Workshop, Navigating the Federal Hiring Process.

The federal government is one of the largest employers in the world, hiring thousands of new workers each year. They have more than 1.7 million jobs and over 400 occupational specialties.

Getting a federal job is more difficult than getting a regular job. A resume needs to have more detail than a regular resume, job titles are standardized, and qualifications are more specific. Other than that when you find an opening you submit a resume or application just like any job.

Taylor has more than 28 years of experience in the federal service combined with 15 years of career and academic advising.

Courtney Dennis

Wednesday, Nov. 3  
Commuter Lunch Series: How to Avoid Procrastination

In the quest to balance on and off campus responsibilities, do assignments get put on the back burner? Writing Center staff will give you tips on how to avoid procrastination when it comes to your academic work. Commuter Connections hosts this workshop at noon on Wednesday, Nov. 3 in Nanticoke Room of the GUC. Lunch is provided. To reserve a spot, e-mail name and student ID to commuterconnections@salsbury.edu.

Thursday, Nov. 4  
Renowned Chinese artists visit Eight of China's most highly regarded artists demonstrate their nation's traditional painting technique from 1-3 p.m. in Fulton Hall near the Gallery. They come from Suzhou, the "Venice of Asia." The public is cordially invited. The artists will create two large scrolls of calligraphy as a gift — and gesture of friendship — to the Fulton School of Liberal Arts and the University, and will present it at 5 p.m. For more information call 410-543-6030 or visit the SU Web site at www.salsbury.edu.

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## Schedule Your Senior Portrait Today!

You can also call

**1-800-OUR YEAR™**  
(687-9327), during normal business hours, to schedule an appointment.

Senior portraits for the class of 2011 will be taken beginning Tuesday, Nov. 30 in Room 219 of the Guerrieri University Center. It is important that you schedule your appointment now by logging onto Herff Jones' 24-hour scheduling site, [www.ouryear.com](http://www.ouryear.com), entering school code 44.

When you schedule your appointment, you will receive complete information on how to prepare for your portrait sitting and other pertinent information.

Appointment Times:  
Tuesday, Nov. 30 between 8 a.m. and 8 p.m.  
Wednesday, Dec. 1 between 8 a.m. and 8 p.m.  
Thursday, Dec. 2 between 8 a.m. and 8 p.m.  
Friday, Dec. 3 between 8 a.m. and 5 p.m.

## Former SU professor speaks on Americans in Ghana

By Amanda Biederman  
Staff Writer  
Ab24064@gulls.salisbury.edu

dent in high school. He later returned to college and attended graduate school in Canada.

During his speech, Daddieh discussed five points: the people who move to Ghana, how they make their decision, the different factors involved in making that decision and bases of motivation and integration into Ghanaian society.

Daddieh has performed extensive research in Ghana, a small country in West Africa. He travels there at least once or twice a year and recently became focused on the migration of African-Americans to Ghana.

"I'm particularly interested in this group because there is not much written about them," Daddieh said. Those of African-American go to visit Ghana on a regular basis; it's almost like a pilgrimage. And of those people, many of them choose to stay in Ghana and live there permanently. We want to learn more about what motivates them and what sort of problems they encounter."

SU junior Scott Dadourian attended the lecture for his Fundamentals of Communication class and said he

See photo in the photo bank on page 5.

**English Language Institute reaches out to foreign students**

By Mary Capper  
Staff Writer  
Mc33298@gulls.salisbury.edu

director for the SU Center for International Education. "We have to teach them from scratch the same things a lot of people take for granted."

The students have various classes: reading and writing, vocabulary and language, and a class that involves the culture of America including idioms that the students may stumble upon.

"(The students) are learning quickly and having fun doing it," Liszowska said.

Emane added that the best part about ELI is the instructors.

"They want us to succeed and we can notice this by the work they put into this program, the materials and size of the class," she said. "Everything is really good. We have learned so much in such a short amount of time. By trusting us they give us the motivation that we need to succeed."

Like many of the students in the class, Emane is planning on applying to SU after finishing the ELI program.

"We can't just teach within the

## Scholarship

Continued from Pg. 1  
Latin America to make campus a more receptive place for Hispanic students."

Noelle Ford, a Spanish major, said she is hoping to study abroad and could not be more thrilled about the scholarship.

"This scholarship is spectacular," Ford said. "The only way I am going to be able to study abroad is if I have a scholarship."

Lynette Atkins drove to the capital from Norfolk, Va. She fixed her eyes on the stage, holding a "just say no to reabusing in public" sign over her head.

"I'm being asked if I'm joking," Babson said.

For freshman Thomas Parish, Stewart's serious speech at the end was the highlight.

"He had a lot of good points," Parish said. "As long as we evaluate everyone else's ideas and try to find common ground, we can move forward."

Applications for the Dudley-Eshbach Study Abroad Scholarship for the spring semester will be available soon at the Center for International Education.

"I went to Bolivia over the summer and volun-

## Sanity

Continued from Pg. 1  
gan like, "I already regret making a sign to carry all day?"

"I thought it was a fun way to make a big political statement," said senior and SGA president Julia Glanz.

"The rally served as a model for everyone else; the crowd didn't get crazy [and] the signs were all appropriate."

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"He had a lot of good points," Parish said. "As long as we evaluate everyone else's ideas and try to find common ground, we can move forward."

"The community benefits by becoming more informed about the candidates they vote for," Hoffman said. "In addition, they get to interact with SU students in a positive and productive light."

A secondary purpose is to allow students to "become civically engaged in one of the most important acts in our democracy," Hoffman said. "Students learn the importance of participating in the voting process. It's an important part of being a good citizen and a key component of determining who is going to represent you and what policies will be passed."

The Presidential Citizen Scholar program allows students of diverse majors to spend a year learning about civic engagement and democratic participation. Students participate in academic seminars, civic events and volunteer projects. They learn about political topics and have been trained by the Board of Elections.

The voter guides are part of the program's overarching goal to combat student apathy and ignorance about the political experience. Participants have, for example, visited classrooms and organized tables on campus to register students as voters and to educate them about democratic processes.

The program aims to assist students such as freshman Jen Bailey, who says she is not voting because she is confused about who to vote for.

"There are so many candidates to consider and they aren't always truthful," Bailey said.

Bailey said she believes she would benefit from a voter guide.

"It would clarify many of the questions I have," she said.

According to SU President Janet Dudley-Eshbach, students had "a little more flexibility on tuition" during the Eshbach administration.

"Adding to tuition on the surface might seem like a problem, but in fact you can turn those tuition dollars into scholarships," Dudley-Eshbach said. She also mentioned that during the O'Malley administration it was difficult because of the "economic situation" the entire country had faced. Nevertheless, she said she finds that both men are capable of doing the job.

Ehrlich noted that the attitude of college students are shifting, which leads to different demands of public officials.

"I think we're going to win college students," Ehrlich said after the event. "I just think the last couple (of elections) students had an anti-war, anti-Republican mentality."

Today, your generation, the college generation, is much more concerned with looking for jobs, the economy, and what the situation is going to be when they get out of school. And that obviously benefits us."

However, not everyone agrees.

"I don't think (Ehrlich) been able to sway Democratic voters," said senior Julia Glanz, also the SGA president. "From an independent's view, I wasn't thrilled by his performance. He didn't seem to have a lot of energy... people feed off of energy."

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O'Malley

Continued from Pg. 1  
knowned sacrifices were made.

"We have reduced the size of our state government by 4,200 positions," he said. "We asked everyone to pay an additional penny in sales tax. But because of that penny we've been able to protect things like higher education and public safety as well as improve the health of the Chesapeake Bay."

SU Demos president Scott Moore said he feels the most important thing to remember is that the election is the economy and education.

"If it weren't for the tuition freeze, I probably wouldn't be able to attend college," Moore said of why he is voting for O'Malley. "State spending is at its lowest since the 1970s."

Teffieu countered that he sees O'Malley's term as less successful.

"The facts are O'Malley has raised taxes highest in state history and we are \$2 billion in the hole," he said. "While Ehrlich was governor, state spending was less and we had a billion dollar surplus."

At the end of the speech, O'Malley had one question for the audience: "Are you up for this fight?"

The room erupted into applause, but not all of the attendees were as enthusiastic.

"I just don't like the amount he has raised taxes," said Katie Rabigula, a sophomore.

"I would vote for O'Malley because tuition prices are expensive as it is, and I can't afford for them to go up," she said.

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O'Malley

## Excitement for schoolwork could be bumped up a notch

By Ajia Allen  
Staff Writer  
Aa75530@gulls.salisbury.edu

Excitement definitely fills the air around the time of Halloween. People plan their Halloween nights and festivities weeks ahead of time. If only the same measure of excitement existed while planning out the writing process of an English paper!

Halloween is now behind us. However, the level of excitement is hardly the same for the paper, right?

The enjoyment you can find while writing an English paper may be completely different from going to a Halloween party, but ask yourself the following question: "Which is more important towards having a successful college experience?"

If you approach academics with excitement instead of reluctance, your overall college experience will surely benefit.

While trivial things like parties and going out with friends can be fun and reduce stress, it can become quite easy to allow these sorts of entertainment to take precedence over studies and ignore putting a full effort toward assignments. This is what I refer to as the battle between lazy and pro-

ductive excitement.

More specifically, the things that matter least and those with the most excitement attached towards them are often in an imbalance. This is because, for most college students, it's pretty obvious which type of excitement takes the back seat.

Everyone's personal beliefs about what matters more during their college days may vary, but one thing that remains unanimous is that we are all spending much time and money attending Salisbury University. So why not spend that time and money well? We get our money's worth by focusing more on studies rather than partying.

While the majority of students get extra enthused over recreational pursuits and neglect their studies, keep the following fact in mind: there are still plenty examples of studious individuals setting their sights toward the future.

Perhaps this is the main reason why lazy excitement outweighs productive enthusiasm overall. Students are concentrated more on their present stresses rather than looking to the day their degree is earned and the subsequent days when life and the real world begins.

## Letter to the Editor SU students show civility

Dear Campus Community,

At the end of his speech, Governor O'Malley commented on the honorable behavior he saw from SU students from both political parties. Their conduct undoubtedly left a strong impression of our campus that he will carry back to Annapolis. As I watched everyone eat pizza and mingle after his speech, I could not have been prouder to be a part of SU. Our University is a marketplace of ideas and differing points of view, and you, our students, were setting the example of how people can differ in a civil manner.

We are not perfect. From time to time we see acts on our campus like a physical altercation among students or disrespect to the SafeRide driver or resident assistant who is only trying to help.

During moments of pressure, we need to stop and think of our individual responsibility in ensuring a civil society on our campus and beyond.

The recent example by the SU College Republicans and SU Dems exhibited the Salisbury Promise: *I will connect what I learn with how I live; I will demonstrate personal and academic integrity; I will respect diverse groups and individuals; I will strive to bring honor to the University as well as myself—when lived, creates success for all.*

As we approach the season of Thanksgiving, I am grateful to be part of such a campus.

Sincerely,  
Ellen Neufeldt, Ed. D.  
Vice President of Student Affairs  
Salisbury University

### CLASSIFIED AD

#### The Knowland Group – Event Follow-Up

Seeking individuals to contact German companies regarding events. Candidate must be fluent in German and English. Must be available to start between 5 and 6 AM, Monday through Friday. Must have up to date computer and be able to download and utilize Skype for international calls. Should be available for a minimum of 4 hours per day. This is a part time position and pays \$8 per hour.

Qualified applicants send resumes to:  
hrdept@knowlandgroup.com.

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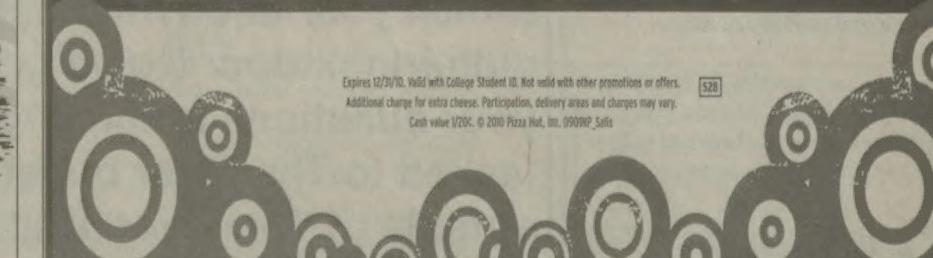
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Volume 38, Issue 9

# GULL LIFE

November 2, 2010

## Book club to debut on campus, founder hopes it will engage students in reading

By Amanda Biederman  
Staff Writer  
Ab24064@gulls.salisbury.edu

Salisbury University can boast a list of over 100 student clubs, ranging from intramural sports to cultural and religious organizations. To many, this may sound impressive. However, one freshman was not satisfied.

Computer science major and honors student David Eberius helped found a book club at his high school, and said he decided that SU needed

one as well.

"Students should be able to read something they enjoy outside of class," Eberius said.

To create the book club, Eberius has gone through SGAs process of drafting a constitution and presenting it to a committee. He has had to set up rules and regulations for the club, as well as a regular meeting time and place. Eberius plans for the club to meet once a month. However, he has not yet established an official meeting place.

"I'm considering using the Fireside Lounge; however, it's hard to reserve a spot now," he said. "We'll just have to see... but when the weather's nice, I'd like to meet somewhere outdoors, maybe in Red Square or behind the Honors House."

The club will be advised by Honors Program Director Dr. Richard England.

"(Eberius) came to me with this notion and I was happy to help him," England said.

Books will be chosen by popular vote; however, Eberius plans to suggest "Looking for Alaska," a young adult novel by one of his favorite authors, John Green.

Eberius plans to hold club meetings by next semester, at the latest.

"I hope that Book Club can grow to be a respectable club on campus and I also hope to expand the fiction section of the library," he said.

We're planning on donating the books that we read (to Blackwell Library) after we read them. I also hope that Book Club will foster an interest in fiction across campus."

## Fashion for a cause Our Scarves Mean Business group raises funds

By Melanie McAuley  
Staff Writer  
Mm57265@gulls.salisbury.edu

the scarves will give us the opportunity to share their efforts with people across campus."

Morris said she is proud of the group.

"This project is one of eight the student projects I have happening in my class," she said. "I am very excited that the students are learning to plan and implement a marketing strategy, and that it is going so well."

The scarves are made of silk with several different patterns and colors to choose from. Each scarf is hand dyed by a member of the group. Each scarf is \$30 and can be ordered in person or online.

Students, faculty, and community members can find them around campus selling the scarves, and can also contact any of the five group members via e-mail.

The group also invites customers to check out their "Our Scarves Mean Business II" page, where they can find out dates and times when scarves will be sold, view pattern and color options, and fill out an online order form.



Innae Park, a reporter from WMDT, interviews Jim Stracke and Rachael Stone about selling scarves for a class project fundraiser.

## SU and China create lasting friendship

By Melanie McAuley  
Staff Writer  
Mm57265@gulls.salisbury.edu

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"The Americans are very kind and hospitable," Ronghui said.

"We felt very welcome from just the applause of the audience. It showed that they loved our culture, and we were very moved."

"I loved all of it," said Ellen Neufeldt, vice president of Student Affairs. "I especially loved the instruments and the blending of SU students in the show. The SU students helped symbolize the friendship between America and China."

"Colorful China" was sponsored by the United Nations Educational, Scientific and Cultural Organization; the Office of Cultural Affairs; the Chinese National Museum of Ethnology; the Embassy of the People's Republic of China; and World Artists Experiences. China Television was also present.

The show incorporated the 56 ethnic groups existing in China, represented by 48 Chinese performers. The company also integrated SU into their performances by letting 20 students participate in their fashion show.

"It was a spur of the moment decision," said junior Lalisse Geleta of participating in the fashion show. "It was a wonderful decision and an experience that I will always remember."

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## Campus runs against domestic violence

By Sarah Krauss  
Staff Writer  
Sk32822@gulls.salisbury.edu

With support from local businesses, members of the SU community participated in the Love Shouldn't Hurt 5k the morning of Oct. 30.

Shannon Cahalan, Alex Olson and Samantha Georgeson from Paula Morris' Promotion Management class, with members of the Campus Against Violence program recognized Domestic Violence Awareness Month by running a 5k to raise awareness of the problem.

Seventeen runners came out for the event and six others gave donations.

Junior Marisa Cooke, a member of CAV, said they decided to or-

ganize the event "to raise awareness in the community. By the runners being here, they are supporting an end to domestic violence. We want to bring (the issue) out in the open. It is a great cause, but a lot of people don't know about it."

Alysha Warren, counselor and CAV coordinator, said one in three women will suffer from some type of domestic violence.

The four indicating factors of domestic violence, she said, are controlling behavior, excessive jealousy, isolation from family and friends and possessiveness.

Warren urged students to "speak up if you see your friends in a violent relationship. They need your support; someone to listen and not judge them."



A student stretches before taking part in the Love Shouldn't Hurt 5k, which began in Red Square on Oct. 30.

Dan Anderson photo

faster, but I came in with a pretty good time."

Cahalan said the group was able to raise \$340 for the Life Crisis Center in Salisbury.

was for a good cause."

Senior Michelle Opiela said, "I run wasn't too long if you paced yourself. The team of runners had good morale throughout. I was expecting the runners to be a lot

older, but I came in with a pretty good time."

A first-time runner, Opiela participated because she thought "it

was for a good cause."

Cahalan said the group was able to raise \$340 for the Life Crisis Center in Salisbury.

**UNF**  
unleash your fitness potential  
**Sport-specific training for football athletes**

By Eric Buratty  
Editorial Editor  
Eb55419@gulls.salisbury.edu

Have you ever had the urge to train like an athlete? Regardless of your answer, you can definitely learn a lot from them. Athletes exhibit a tremendous amount of mental and physical toughness, which is necessary in life and when on the field. As a result, they maintain some of the strongest and leanest bodies in the world. I want to help you understand why as this series continues to unfold.

Two weeks ago, I covered how to train like a soccer athlete. You can head over to [www.unleashyourfitnesspotential.com](http://www.unleashyourfitnesspotential.com) in case you missed that. Now with the help of Matt Nein, Head Football Coach Sherman Wood, and Assistant Football Coach Robb Disbennett, I present to you the second installment of this series for the fall semester: sports specific training for football athletes.

### Movement patterns of football players

After the needs analysis is performed for the physiological and metabolic demands on the football field, movement patterns are subdivided into groups of players due to the large range of positions. According to Nein, the SU Strength and Conditioning Program uses four groups when designing an optimal training plan.

"When designing their yearly plan, our main focus is on size, strength, and power," Nein said. "These three main components are broken down into four groups to be consistent with their respective movement patterns."

According to Disbennett, the extent to which players are exposed to proper strength and conditioning programs at the high school level helps show whether the athlete is physically ready. Basically, the guys with more experience are able to start faster while those with less exposure often need to be taken to the next level with the SU Strength & Conditioning Program first.

"Freshmen often realize right from the start that they'll have to become bigger, faster, and stronger in order to compete with other players," Disbennett said.

Coach Wood summarized physical preparation in the following manner. "Team organization, training smart, proper nutrition, injury prevention and mental toughness are all key components of physical preparation," Wood said. "The (SU Strength & Conditioning) programs prepare our players through these examples... if you are consistent in these areas, you will be well prepared for games."

Coach Disbennett reinforced relative strength and game preparation in the following manner. "Ultimately, it comes down to the individual level," Disbennett said. "Do they have good work ethic, and are they willing to do what it takes to be successful?"

### How to train like a football athlete

Considering the large range of positions in football and the input from Nein, Wood, and Disbennett, I've decided to compile a weekly hybrid workout plan that incorporates those three main components necessary on the field. More specifically, Mondays, Wednesdays, and Fridays consist of (high-threshold hypertrophy-based) full body workouts to build strength and size development in the football athlete. Tuesdays and Thursdays involve strength endurance and explosive workouts, respectively, to improve the power and agility in the football player. In both cases, you'll notice that a great deal of work ethic is necessary. The charts show sample workouts for Monday and Tuesday with their respective training components.

Since visual media often helps explicate a thousand words, I've compiled a demonstration video of these workouts that may be viewed at [www.unleashyourfitnesspotential.com/sports-specific-training-for-football-athletes](http://www.unleashyourfitnesspotential.com/sports-specific-training-for-football-athletes). Photos will also be available on the site.

Wood and Disbennett are the head and assistant football coaches, respectively, and Nein is the manager of facilities and fitness programs at SU, a strength and conditioning coach, and a CSCS\*D and SPARQ National Trainer. I'm a certified trainer as well.

If you have any questions, feel free to email any of us at SLWOD@salisbury.edu, RWDISBENNETT@salisbury.edu, MANEIN@salisbury.edu, or eb55419@gulls.salisbury.edu. You can access previous articles online at my website, [www.unleashyourfitnesspotential.com](http://www.unleashyourfitnesspotential.com).

## Meet... Jessie Johnson

Each week in The Flyer, readers can learn more about other members of the SU community through this new question-and-answer column.

By Sarah Krauss  
Staff Writer  
Sk32822@gulls.salisbury.edu



Jessie Johnson

went to?

JJ: The last concert I went to was a bluegrass concert. But the music I most enjoy is rock and indie, like Coldplay, Owl City and Bon Jovi.

TF: What do you do when you are bored?

JJ: I like to go outside and read.

TF: If you could be a star in any movie or show, who would you be?

JJ: Addison from "Private Practice."

TF: If you could have any profession, what would it be?

JJ: I would be a tree sitter. They sit in trees to protect them from being cut down by loggers.

TF: Who is your favorite professor at SU?

JJ: Mr. (William) Nelson. He works in the Environmental Department and teaches Earth Literature. He is so smart, and has done a lot of really cool things.

TF: What is your favorite food to make?

JJ: Vegan brownies made of flour, cocoa, bananas and sugar.

TF: What is your signature saying?

JJ: "I need coffee."

TF: What is the last concert you

## FRENCH WEEK

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4

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## Weekly WXSU DJ Schedule: 96.3 FM

Monday Noon-1 p.m.: Story Tellers with Amber Clark  
3-5 p.m.: Beat Block with David Kozlowski  
6-8 p.m.: The Sound with B.J. Alexander  
8-10 p.m.: What's Poppington with Olympia Sanders

Tuesday 5-6 p.m.: In-Flight Radio with Lorie Liebig and Stephen Waldron  
6-7 p.m.: Nick's Mix with Nick Moreno  
8-9 p.m.: Ben Duklewski's show

Wednesday 5-7 p.m.: Greek Life Radio with Erin Cherniak and Erica Richards (See feature, page 7)  
9-10 p.m.: Joey Gutkoska and Ashley Blair's show  
8-9 p.m.: Garrett Connell's show  
7-9 p.m.: Thirsty Thursdays with Leslie Davis and Christina Berke

Thursday Noon-1 p.m.: Rock and Roll Time Machine with Sara Roe  
1-2 p.m.: The Jerry Christopher Show with Jared Kraus  
5-7 p.m.: Garrett Connell's show  
7-9 p.m.: Thirsty Thursdays with Leslie Davis and Christina Berke

## Professors provide glimpse of Ghana's slave castles

By Rachael Stone  
Gull Life Editor  
R60914@gulls.salisbury.edu

"Every American should want to visit Ghana," was Dr. Lee Ann Fuji's closing remark to the roundtable discussion on the Slave Castles of Ghana at the Nabb Research Center for Delmarva History and Culture Oct. 27. The presentation was given by Fuji, an assistant professor of political science at George Washington University and Tonya Price, an English lecturer at SU.

Price and Fuji said they found it difficult to be close proximity any longer.

"Just the silence, the sweat

and stench...none of us

could endure being trapped in

here for 20 to 30 minutes."

Both had taken separate trips to the Ivory Gold Coast in West Africa, and although their trips didn't have the same purpose, they both left with similar experiences.

During their time there, Fuji and Price had the opportunity to just replicas, and what people walk around are the actual dirt, urine, blood, feces, sweat, crushed bones and anything else from the slaves imprisoned there.

Price and Fuji both said they found touring the slave castles in Ghana to be an unforgettable and emotional experience.

"This experience was emotionally draining for us. Many of us had difficulty sleeping that night," Price said. Although the tour was brief, lasting only 15 to 20 minutes,

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